

NEED TO TALK?

Special Operations Forces, Ft. Bragg



Military & Family Life Consultant Program

Available to Special Operations Forces



Special Operations Forces at Ft. Bragg now has its own Military & Family Life Consultants who are available to help Special Operators and their family members address:

- » Deployment/reintegration issues
- » Marriage and relationship issues
- » Parenting, sibling and family issues
- » Communication challenges
- » Stress and anxiety
- » Depression
- » Grief and loss
- » Daily life issues



Special Operations Forces MFLC are licensed professional counselors. They help individuals, couples and families deal with relationship issues, separation, workplace issues, anger management and child behavior issues.

In addition, they can provide psycho-educational presentations on issues such as parenting, conflict resolution, communication skills and coping with stress. They are also present on issues that address SOF-specific needs.

To ensure easy access to services and preserve confidentiality, appointments are available on or off the installation. Services are confidential with the exception of duty-to-warn situations and child and domestic abuse issues. The MFLC does not create or maintain documentation on individuals who receive services.

CONTACT INFORMATION

To schedule an appointment with the Fort Bragg area SOF MFLC, please call: 910-633-2767 or 910-705-7056

DOES SEEKING HELP AFFECT YOUR SECURITY CLEARANCE?

Question 21 of the SF86 Questionnaire for National Security Positions, which asks about mental health treatment, has been revised. The question now makes an exception for counseling related to marital, family or grief issues, unless related to violence by you. It also excludes counseling for adjustments from service in a military combat environment as grounds for answering, "yes." Seeking professional care for these mental health issues should not jeopardize an individual's security clearance. Getting the support you need can prevent minor issues from becoming major problems. We encourage you to take advantage of these free, confidential services.